

Committed to **You**



Applicant Preparation

ExamOne is dedicated to helping your applicant prepare for their life insurance exam. It's important to ensure the exam is accurate and that it garners the best possible results.

The Do's

- **Get a good night's sleep**
 - Ensures the best resting pulse
- **Stay hydrated**
 - Drink a glass of water 1 hour before the exam
 - Makes for an easier blood draw
- **Document medications**
 - Prescription and over-the-counter medications including vitamins, herbs and supplements
- **Notify of any past blood draw issues**
 - So the examiner can be prepared and bring a smaller needle if necessary

The Don'ts

- **Consume salt/high-cholesterol**
 - (24 hours prior)
 - May affect exam results
- **Do strenuous exercise**
 - (12 hours prior)
 - Working out excessively may release protein into the urine and elevate liver function tests
- **Drink alcoholic beverages**
 - (12 hours prior)
 - Alcohol may cause dehydration and liver function test elevation
- **Use nicotine or caffeine**
 - (1 hour prior)
 - Stimulants may elevate heart rate
 - Black coffee is okay up to 1 hour prior

Resources

MyExamOne.com - Important exam sight.

[ExamOne TV](#) - View exam preparations videos.

Please let me know if you'd like to learn more.



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